

THE WELLFLEET WAVE

newsletter of the Wellfleet Council on Aging
715 Old King's Highway • Wellfleet • 02667

COA STAFF DIRECTORY

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VOLUME 2017-11 & 12

November/December 2017

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

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Wellfleet Dines Out was a terrific success! Thank you to the below-listed restaurants for donating a portion of their designated evening proceeds to the Friends of the COA. Thank you to all the people who participated by enjoying terrific meals at these establishments. **Please continue to support our local businesses.** With much appreciation and thanks to the diners and to the following restaurants:

- | | | |
|-------------------------|-------------------|------------------------|
| *The Bookstore | *Moby Dick's | *The Pearl |
| *The Wicked Oyster | *Marconi Beach | *Catch of the Day |
| *PJ's Family Restaurant | *Van Rensselaer's | *PB Boulangerie Bistro |
| | *Winslow's Tavern | |

FREE MEMORY SCREENINGS

In honor of National Memory Screening Month, the Alzheimer's Family Support Center of Cape Cod will offer free memory screenings at the Wellfleet COA on Tuesday, November 14 from 12:30 -2:30. Please call the COA to schedule your appointment.

DATES TO REMEMBER

Thursday, November 9th ~ Holiday Bazaar during Iris's Café (see flyer)

Friday, November 10th ~ Closed for Veterans Day

Tuesday, November 14th ~ National Memory Screening Day ~ screenings at COA (see above)

Wednesday, November 22nd ~ no exercise class

Thursday & Friday, November 23rd-24th ~ COA closed for Thanksgiving

Thursday, December 21st ~ Wellfleet Elementary School performance before Iris's Café

Monday, December 25th ~ COA closed for Christmas

Monday, January 1st ~ COA closed for New Year's Day





It's that time of year again....INCLEMENT WEATHER REMINDER: When the snow flies, please know that we operate on the same schedule as the Nauset School System – if schools are cancelled for Nauset, ALL OUR PROGRAMS WILL BE CANCELLED AS WELL, INCLUDING TRANSPORTATION. The COA will be open unless Wellfleet Town Hall is closed. Cancellations are broadcast on local radio and TV stations and will be posted on the COA Facebook page. Additionally, we often need time in the morning to get the walks and parking lots clear. For everyone's safety, we recommend you **CALL US FIRST** during bad weather before venturing out.

♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 10 AM – 12 NOON. Come in and meet Charlie Altieri, R.N.:

- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. *No November appointments due to holidays.* December 15, 29. **NEW SCHEDULING PROCEDURE FOR DR. CAMPO:** *There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*

► FOR YOUR ASSISTANCE

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, November 15 and Wednesday, December 20 at 4 PM.* Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.



► **FUEL ASSISTANCE:** *The COA is an intake site for income-eligible Wellfleet residents. Please call to schedule your confidential appointment and obtain a list of necessary filing documents.*

► **GOSNOLD COUNSELING:** Sara Moran, MA and Dawn White, LCSW are Gosnold counselors available at the COA. Sara is available on Thursdays and Dawn on Tuesdays. They can provide therapy for various mental health issues such as anxiety, depression or substance use. Services are confidential and individualized to meet the needs of the specific client. Many health insurances can be billed for payment. Call the Gosnold office at 508-540-6550 for an appointment.

► FOR YOUR ASSISTANCE (cont.)

► **LEGAL ASSISTANCE:** 60 years of age or older ~ By appointment on the second Wednesday of the month, from 10 - Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. November 8, December 13.

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator, Linda Balch for more information.

MEDICARE ASSISTANCE ~ DON'T IGNORE YOUR MEDICARE MAIL!! It's that



time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of November. Please **understand** and **save** this information regarding changes in your plan for 2018. During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. The Senior Center can help you understand your plan changes, as well as other options you may have ~ you may schedule a phone or in-person appointment. The Council on Aging offers free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule an appointment, call our Outreach Coordinator, Linda Balch. **Call early to make that appointment ~ bring your Medicare/insurance cards and complete list of your medications. DO NOT WAIT!!**

🍏 FOR YOUR DINING PLEASURE

🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave. *** DECEMBER 21ST LUNCHEON ~ BE HERE BY 11:45 FOR WELLFLEET ELEMENTARY SCHOOL HOLIDAY PERFORMANCE AT NOON ~ * NO LUNCHEON THE WEEK OF DECEMBER 25TH**

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & fresh baked scones. Monday - Friday.

🍏 **SOUP/SALAD TO GO:** Maryann's homemade salad or soup, pint packed to travel, \$4.00 ~ every Monday!

★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.



★ FOR YOUR FUN AND ENTERTAINMENT (cont.)

★ **WELLFLEET WAVE BOOK CLUB:** **Thursday, November 16th at 1:30 ~ Orhan's Inheritance by Aline Ohanesian** ~ "A book with a mission, giving a voice to history's silent victims." — *The New York Times Book Review* **Wednesday, December 13th at 1:30 ~ Remains of the Day by Kazuo Ishiguro** ~ "A virtuoso performance ... put on with dazzling daring and aplomb." — *The New York Review of Books* *(note date change for December meeting)*

☺ FOR YOUR WELL-BEING

Balance/General Exercise & Strength Training with Melissa Shantz 10-WEEK EXERCISE SESSION

Next session ~ October 23 – December 29, 2017

No Balance/General or Strength Training the week of January 1st

Next session begins January 8th

*Mix & match your days/classes ~ FOR BALANCE/GENERAL EXERCISE
AND/OR STRENGTH TRAINING CLASSES ONLY*

discounted rates for multiple sessions ~ 1X per week for \$55,

2X per week \$80, 3X per week \$100, 4X per week \$120

Drop-ins welcome, \$7 per class drop-in rate

mid-session drop-ins will NOT be pro-rated

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available, *every day except Thursday*, 10:15 – 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobics/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, *every day except Thursday*, 8:45 – 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45–10 ~ \$7.00 per class. **THERE WILL BE CLASS ON JANUARY 4th !**

Note: Physician's approval absolutely required for all exercise classes!

**FIND AND "LIKE" THE
WELLFLEET COA ON FACEBOOK
FOR NEWS AND EVENTS!**



**Find us on
Facebook**



◆ FOR YOUR SUPPORT

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ November 14, December 12. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Nancy Higgins, LICSW. 2nd & 4th Thursdays, 10:30 - 12. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Nancy for more information at 508-957-7715. November 9 and December 14, 28.

◆ **CAREGIVER'S SUPPORT GROUP:** Are you a caregiver? Do you know of a caregiver? The COA sponsored support group can be a powerful tool ~ visit fellow caregivers and knowledgeable group leaders for information sharing and peer support. Meetings are held at the COA on the 1st and 3rd Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. November 7, 21 & December 5, 19.

◆ **FRIENDLY VISITOR PROGRAM:** *If you would be interested in being one of our Friendly Visitor volunteers or if you would like a Friendly Visitor, please contact Linda Balch, Outreach Coordinator*






◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIAISON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, just to chat. George has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns. **COMING IN DECEMBER: Wellfleet Police Department Reassurance Program Holiday Luncheon ~ details to be announced!**

Social Security Appointments




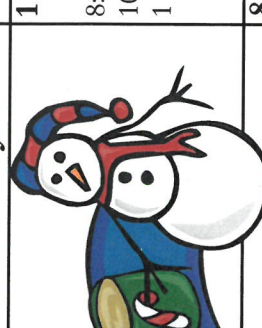

Residents of the Lower Cape can communicate with a live Social Security Representative using special Social Security video service at the Harwich Community Center. You can conference live with a Social Security staff member without waiting in line or driving to Hyannis. Available services include applying for benefits, reporting changes, asking questions, and more. Appointments are the 3rd Monday of each month. Call the Harwich Council on Aging at 508-430-7550 to schedule your Social Security appointment.



November 2017 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 6 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 1:30 Senior Center Police Academy	 7 8:45 Strength Training 9 Marlene Denessen 10 Caregiver's Support Grp. 10:15 Balance/Exercise 6 Marlene Denessen	1 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	2 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	3 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
13 8:45 Strength Training 10:15 Balance/Exercise 	14 8:45 Strength Training 9 Gosnold 10:15 Strength Training 12:30 Memory Screenings 3 Alzheimer's/Dementia Caregiver's Support Grp.	8 8:45 Strength Training 10 Legal Aid 10 Ask A Nurse 10:15 Balance/Exercise 4 FCOA	9 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 11:30 Holiday Bazaar 12:30 Iris's Café 2 Scrabble	10  CLOSED FOR VETERANS DAY
20  8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	21 8:45 Strength Training 9 Gosnold 10 Caregiver's Support Grp. 10:15 Balance/Exercise	15 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 4 Are You Ready for Medicare?	16 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>Orphan's Inheritance</i> 2 Scrabble	17 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
27 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	28 8:45 Strength Training 9 Gosnold 10 Caregiver's Support Grp. 10:15 Balance/Exercise	22 NO EXERCISE CLASSES TODAY 10 Ask A Nurse	23 CLOSED FOR THANKSGIVING	24 CLOSED FOR THANKSGIVING
27 8:45 Strength Training 10:15 Balance/Exercise	28 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	29 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	30 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	

December 2017 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 4 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	 5 8:45 Gosnold 10 Strength Training 10 Caregiver's Support Grp. 10:15 Balance/Exercise 6 Marlene Denessen	 6 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	 7 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	1 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
11 8:45 Strength Training 10:15 Balance/Exercise	12 8:45 Gosnold 10 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia Caregiver's Support Grp.	13 8:45 Strength Training 10 Ask A Nurse 10 Legal Aid 10:15 Balance/Exercise 1 Book Club ~ <i>Remains of the Day</i>	14 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	15 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
18 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise  CLOSED FOR CHRISTMAS	19 8:45 Gosnold 10 Strength Training 10 Caregiver's Support Grp. 10:15 Balance/Exercise	20 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 4 Are You Ready for Medicare?	21 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12 Wellfleet Elementary Chorus 12:30 Iris's Café 1 Quilting 2 Scrabble	22 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
25 8:45 Strength Training 10:15 Balance/Exercise	26 8:45 Gosnold 10 Strength Training 10:15 Balance/Exercise	27 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	28 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 2 Scrabble NO IRIS'S CAFE' TODAY	29 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge

FRIENDS OF THE WELLFLEET COUNCIL ON AGING (FCOA)

PO Box 306 ~ Wellfleet, MA 02667

2017-2018 ANNUAL MEMBERSHIP DUES

*Membership dues for the "Friends" are now being accepted for
July 1, 2017 - June 30, 2018*

FCOA provides supplemental funding to the Council for programs, senior/client assistance, transportation, newsletter printing & many other services that your dues & donations help support. Thank you!

Please complete the membership form below, enclose it with your tax-deductible dues and mail it to the FCOA at the above address or drop it off at the COA.

Individual memberships # _____ @ \$25.00 (per person)

Optional tax-deductible donation _____

*Please make
checks
payable to
FCOA*

NAME: _____

MAILING ADDRESS: _____

E-MAIL ADDRESS: _____ PHONE: _____

Newsletter preference (circle one): hard copy e-mail

REMEMBER: ANYONE OF ANY AGE CAN BE A FRIEND

*NOTE: Due to increasing printing and postal rates, only DUES PAYING MEMBERS
will receive print copies of The Wellfleet Wave newsletter.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



HOLIDAY BAZAAR
THURSDAY, NOVEMBER 9th
11:30 - 2:00 PM
WELLFLEET COUNCIL ON AGING



featuring.....

Ellen Lebow's Art/Matènwa ~ teaching artisan skills to impoverished mothers in rural Haiti
~ featuring hand-painted silk scarves, colorful embroidered pictures, hand-crafted ornaments for every occasion, and hand-printed greeting cards. Proceeds go to keeping the proud artists and their families supported through sales of their work.



and.....



American Friends of Georgia ~ a Wellfleet-based humanitarian non-profit organization, improving health care & education in the country of Georgia since 1994 ~ featuring handmade textile crafts by Georgian artisans, nuns & former street children living at the AFG-sponsored Bediani Orphanage

Bazaar will take place during Iris's Cafe' Luncheon
if you would like to have lunch and shop, please call the COA by noon on **Wednesday** to reserve your spot for the Cafe' ~ menu: beef stroganoff over buttered noodles, green salad ~ \$7.50 per person

Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

Patricia Shannon ~ Chair
Ernie Bauer ~ Vice Chair
Robin Slack ~ Secretary
Paul Goetinck
Sarah Multer ~ FCOA Liaison
Fred Nass
Dorothy Oberding
Brian Quigley
Dian Reynolds
Evelyn Savage
Maureen Schraut ~ FCOA Liason

Friends of the COA:

Maureen Schraut ~ President/COA Board Liaison
Carol Parlante ~ Vice President
Sylvia Smith ~ Treasurer
Karen Kaminski ~ Secretary
Meredith Blakeley
Greta Einig
Sarah Multer

Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.

IRIS'S CAFÉ

Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday

November 2nd	New England clam chowder, arugula salad, puff crisps
November 9th	Beef stroganoff over buttered noodles, green salad
November 16th	Thanksgiving dinner ~ turkey and all the trimmings
November 30th	Quiche Maryann (vegetarian), spinach salad
December 7th	Baked cod with tomato herb butter, pilaf and roasted veggies
December 14th	Chicken parmesan with pasta and lemony broccoli
December 21st	Christmas luncheon ~ PLEASE BE HERE AT 11:45 for a Wellfleet Elementary School Chorus performance at noon Shrimp scampi over angel hair pasta, mixed green salad with orange and fennel
December 28th	NO LUNCH THIS WEEK

MARYANN'S SALADS/SOUPS TO GO

A pint of salad or soup, depending on the weather ~ Packed to travel on Mondays ~ \$4.00
(not available the week of December 25th)